

## **EMANUEL notes on Remembering and the Now. June 2003**

1. At the moment when you recognize that you wandered, you have brought light. Celebrate. The awareness that you have just been in forgetting is a miracle. Don't let the awareness that you have forgotten cause you to turn against yourself in judgment. To know that you have forgotten is to remember.

The sole/soul responsibility of each human being at this particular time is to allow your remembering to soften the edges around the familiar (to intellect) and allow to welcome in the blessed unfamiliar. The crucial point in evolution is when you give more credence to remembering than to forgetting.

2. All the photos that condition you need to be burned. Allow yourself to meet people with clarity and no historic definition. But, you say, I am here, I am a product of this history. No. You are not. Your behavior is a product, not you. Historic relation only exists in the mind. Intellect says: "it was true then, so it is true now." Intellect is a bookkeeper. That was done and now this should be, etc. Throw away your bookkeeping and allow your relation with yourself to be reborn.

**EX:** As you breathe in say yes. As you breathe out, all that was past ceases to exist. Dare to exist without shackles?

3. The mind, in its desperate attempt to make sense of the world, in order to control it, says I have to find a place of safety. Heart says: Love yourself enough and nothing can do you harm. Fall completely in love with yourself and you become the miracle worker that you are. You are not the victim of any food, or air, or anything in your world. You are not a victim. You are the creator of your world.

**HW:** if anything and everything were possible, what would I want to create. With the heart's conviction, not the intellect. Read it again in the morning and carry it like a mantra.

4. Begin the day; awaken, say "I am here." There is no such thing as time and space in the world of truth. Intellect says "but I am going to die." No, intellect, but YOU might." What is worth doing here in this morning is worth doing in eternity. There is a determination that there is here and there. But such thinking causes chaos in the moment of now. You align with who you thought you were: body. The body deserves treatment, but not identity. Every moment gives the choice of eternity.

5. How to become accustomed to the presence? Listen for it. Listen to the sounds of the soft breeze, walk with flowers. What are they saying? Ask a question and allow yourself to be open to the answer in whatever way it comes. There is not just one way the Overself can communicate. Begin to consider: "what is the best way to leave the door open;" and leave the rest to the Overself...

**HW:** take aside at least 10 minutes every hour to say YES. To what? To myself, to me, to my glory. Yes. In those 10 minutes you will taste the love you are seeking. Every breath you say yes. Yes to what? To whatever is present in moment. Yes to yourself in the center of your living. The key is to allow, not to direct, the longing of your heart to manifest.

6. Q: how can I fall in love with myself?

How could you not? How could you perceive yourself, not through your distorted history, and not fall in love? You were taught to be a careful bookkeeper, to underline in bold your faults. We who walk with you say: in every moment you have done the best possible. Isn't that enough to evoke your devotion? In retrospect you say: I could have done better. But you don't live in retrospect. You live now. Your intent is and will be to do the best every moment. How can you not love that, and that is true of everyone. How to fall in love with yourself? Remember who you are: with every breath. Self-judgment is a bad habit. No one has to earn respect. You only have to remember who you are. When you fall in love with yourself, then you will live with your heart open. And there will not be one human being who you don't love. If you don't love yourself, you have nothing to give.

**HW:** who do you really think you are? And what do you think you came here for. You are on a secret mission. You come to bring the angelic and human together. Something that demands the highest respect and deepest love.